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Food

Pg 17

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Day care owner gets house arrest

SLAPPING A three-month house arrest was the sentence for a woman convicted of assaulting children in her care at a northwest Calgary day care.

Victoria Tammam, 56, was given the conditional sentence yesterday, to be followed by 21 months of probation.

The sentence stemmed from assault charges laid in March 2007, when a 17-month old tot had facial injuries when he was picked up after his second day at the day care. Another child complained of being slapped in the face for not napping.

Tammam ran an unlicensed day care out of her home in Silver Springs.

The Crown had asked for a 17-month jail sentence. **METRO CALGARY**

ShareYourViews

calgaryletters@metronews.ca

Beijing page 8



Judges bane of Olympics

Back to school p11

Styles for the class catwalk

Celebrity page 22

Notebook's lovers reunite

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Fire Dept.
launches
housing
tip line

NEIL MACKINNON
neil.mackinnon@metronews.ca

3-1-1 It won't make Calgary's housing crunch tighter, just a little safer.

Calgary Fire Department deputy chief Brad Lorne said a new confidential tip line that came into effect yesterday will be used to report unhealthy and safe housing units, not to shut them down.

"We understand that low cost rental facilities are in the city and there is a huge need for accommodation," Lorne said. "It is our goal to work with landlords to make housing facilities safe. Owners must know that they have a responsibility to follow to minimum standards."

The tip line, which operates through the city's 3-1-1 system, is meant to complement Safe Housing Inspection Program (SHIP) and provide proper authorities with the addresses of potentially hazardous dwellings.

"The major problem has been that we do not know where all these units are," Lorne said, noting that a fire at an illegal rooming house at 1 St. NW last month that resulted in two deaths spurred the establishment of a hotline.

The new line is confidential, but not anonymous, Lorne said.

Citizen services manager Terry Pearce said he expects plenty of calls will come into 3-1-1, providing a crucial mechanism where there wasn't one before.

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Sierra Club presenting oilsands film tonight

The Sierra Club is hoping to expand debate on the oilsands beyond economy versus environment with a film screening at the old IMAX lobby of Eau Claire Market tonight at 6:30 p.m. for kids and 7:30 p.m. for adults.

METRO CALGARY

3

Local



Paddles coming to town

Calgary Mayor Dave Bronconnier officially declared August 23 to 30, 2008 as "Calgary Paddle Week" in honour of the World Paddle Championships taking place in the city. Fifteen countries from around the world will take part in the racquet sport played on an enclosed tennis court.

METRO CALGARY

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Teen sex stats drop

ALICIA FOX
for Metro Calgary

STATSCAN Teen girls in Calgary are likely having less sex these days.

According to a Statistics Canada survey released yesterday, the percentage of teen girls between the ages of 15 and 19 having sex dropped from 51 per cent to 43 per cent between 1996 and 2005.

Colleen Roy, manager of the STD clinic with the Calgary Health Region said the same conclusions can be drawn about city teens.

"I think generally young people... are becoming more open about sexual health and becoming more aware," she said.

There wasn't a significant change in sexually active young men in the same period, but girls were more likely in 2005 than in 2003 to use condoms, which Roy said is a good trend that she would like to see continue.

Roy encourages the percentage not using protection to come in and be tested.

Moved
• Yesterday, the Sheldon Chumir Centre for STDs moved to a new location on 4 Street SW, and is now in the same building as other members of the sexual health team.

"I think generally young people... are becoming more open about sexual health and becoming more aware," she said.



Fire crews work to extinguish a small fire after a gas leak caused an explosion in the southwest community of Rutland Park yesterday morning.

Second death at intersection this summer

FATALITY One man is dead and another injured after a collision yesterday morning at the intersection of James McEvitt Road and Spruce Meadows Trail.

Witnesses described seeing a Ford F-150 strike the side of a Hummer that was crossing south over the westbound lanes. The lone occupant of the truck, a man in his mid-50's, died from his injuries. The lone occupant of the Hummer, a mid-30's male, was transported to hospital by EMS with non-life-threatening injuries.

This is the second fatal collision at that intersection so far this summer.

METRO CALGARY

metronews.ca

What's online today.

Watch a video report on the impact construction in the East Village is having on the Calgary Drop-In centre and our daily Olympic wrap-up with a look at Usain Bolt's historic victory. **Search** for jobs using Metro's Workopolis search. **Play** online Jumble Jong!

Lotteries

Lotto 6/49 3, 6, 9, 27, 28 & 36. Bonus 45. These results are not official.

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The TD Square, Calgary Eaton Centre and former Sears building, known as The Core, announced redevelopment plans for the centre yesterday. Work has begun and is slated to be completed by 2010. METRO CALGARY

Swann bids for Alberta Liberal helm

NEIL MACKINNON
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The talent pool got a little thicker yesterday as Calgary Mountain View MLA David Swann waded into Alberta's Liberal party leadership race.

Swann, an outspoken advocate for the environment and humanitarian causes abroad, pledged to pay down the party's nearly \$600,000 debt incurred during the last election through broad-based support, rather than a handful of large donations. He also said he wants to renew the party, encouraging better participation in the democratic process.

"These are dangerous times and they are times of great opportunity and excitement," Swann said on the banks of the Bow River, noting less than one-quarter of eligible voters elected a majority Conservative government. "Democracy is not healthy in this province and there's a certain prosperity, but there's no shared vision for the future. Too many are left out."

After March's provincial election when the Liberals lost seven seats, Swann questioned the party's viability, even suggesting a name change.

Online Videos
metronews.ca

News in brief

ROBBERY City cops have charged 50-year-old Terrence Stenson with five counts of bank robbery in relation to a string of July heists.

BLAZE Fire crews extinguished an engine fire in a vehicle on northbound Deerfoot yesterday. No one was hurt and the arson unit was called in due to its suspicious nature. Cause hasn't been determined, but damage is estimated at \$2,000.

METRO CALGARY

Juniors learn policing

Program helps kids see cops in a different light

ALICIA FOX
for Metro Calgary



Kids in full police uniform are lining up for duty this week.

As part of the 12th class in the Junior Police Academy, 19 youngsters are learning the ins and outs of the policing business.

The Academy is a program run by the Calgary Police to encourage kids to see cops in a different light, and encourage them to consider law enforcement as a career choice.

"This gives them a human face and these kids are our future," said Sgt. Brian Rayner, in the community and youth services centre.

In light of the force's recent struggle to discourage gangs in Calgary, the kids also learned extra lessons themed "Hate, don't buy in," Rayner said.

The free program is run twice a year, and is offered to 12 to 16-year-olds who are chosen by via an essay submission contest.

He said that age bracket is a time when kids can go "either way", and often take what they learn there and influence their



Sgt. Murray Pollock of the CPS K-9 Unit holds back a friendly Iro from jumping on, from left, Zane Binda, 14, Casey Richardson, 13, and Kyle Welsh, 12 during the Junior Police Academy demonstration yesterday.

friends and families.

Yesterday's class was particularly unique because it was a hands-on, interactive day.

The kids met the force's attack dogs, saw guns and explosives materials, and tried on bomb squad attire.

"They're fired up," Rayner said.

"This is their big day."

Bryce Williams, 13, said the program has reaffirmed his dream of joining the tactical unit.

"You learn just as much as school if not

more, but they do it in really fun ways," he said.

Jackson Wardel, 12, said he would consider working at the CSI building.

"I'm having tons of fun," Wardel said.

The next Academy will run over spring break.

Calgary heats up, Latin-style

ALICIA FOX
for Metro Calgary



"This year we outdid ourselves. It's amazing, the caliber of artists."

Carmen Galvez

Calgary's second largest festival will be turning up the heat starting Friday. The 12th annual Expo Latino will be flashy, energetic and family-oriented, according to artistic director Carmen Galvez.

Galvez, also a performer, said there will be a lineup of nearly 300 artists, and visitors will feel like they're travelling around the world – all within Prince's Island Park.

"This year we outdid ourselves," she said. "It's amazing, the calibre of artists we're going to have."

Included in this year's highlights is the Grammy award-winning Spanish Harlem Orchestra from New York and the Brazilian Carnaval, showcasing international and local

Brazilian performers.

"We want people in Calgary to see what we're all about, to see our roots," Galvez said.

Also featured will be salsa lessons, included with the ticket price.

Galvez said it's not a sit-down-and-listen sort of festival.

"Latin people are born dancing, so it's very participatory," she said.

A \$20 weekend pass can be purchased at any Calgary Co-op location or \$12 for a day pass. Children under 12 and seniors get in free.

ALICIA FOX/FOR METRO CALGARY



Carmen Galvez, artistic director at the Hispanic Arts Society, is getting ready to dance the night away at Expo Latino this weekend.

Core opens up to buskers

NEIL MACKINNON
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Business suits will stay in abundance, but Calgary's downtown has officially lightened up.

The core was opened up to buskers yesterday, and while no amplifiers will be allowed, the only real restriction on their street entertainment flow from the Beltline to Prince's Island Park is an ID card.

Karen Sim, who is in the process of establishing a representative association for city street performers, said big business has dominated the downtown core long enough.

"Busking fosters a street-level culture base," Sim said. "The downtown core has always had a business-like feel to it, it hasn't been as open to families and this gives us the opportunity to open up, enrich and revitalize the core."

The pilot project will run until Dec. 31.

\$500

The amount of money Calgary property manager Tom Sanderson donated to American presidential candidate Barack Obama's campaign, even though only green card holders or American citizens are legally allowed to make contributions.

METRO CALGARY

Calgary got art

ARTS Nearly half of the nominees up for three new \$50,000 provincial arts awards are Calgarians.

Dancer Vicki Adams-Willis is up for the Tommy Banks Performing Arts award. Poet Christopher Wiseman has been nominated for the Grant McEwan Literary Arts award. Painters Ron Moppett and Sandra Vida are up for the Alberta Foundation for the Arts Visual Arts award.

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Blast in Algeria kills 12 employees of Canadian firm

A car bomb in Algeria yesterday killed 12 Algerian employees of Canadian engineering and construction firm SNC-Lavalin Group Inc. and wounded about 15 others. A spokesperson said the plant was not targeted and no Canadians were injured. **REUTERS**

Canada



Lantern mistaken for crashing jet

Reports of a plane crash in eastern Newfoundland that sparked an intensive search-and-rescue operation turned out to stem from a few Chinese lanterns, CBC News reports. Crews spent hours combing the woods outside St. John's. Authorities finally tracked down some young boys who had been lighting lanterns and sending them into the sky on balloons. Someone mistook the metre-wide burning lanterns for a burning plane. **METRO NEWS SERVICES**

Competition Canadian display is 'on fire'



A fireworks display by Team Canada lights up the sky over Putrajaya dam during the Malaysia International Fireworks Competition 2008 in Putrajaya outside Kuala Lumpur yesterday.

Forget Boardwalk — Montreal is where it's at

GAMES The game of Monopoly has come a long way from its humble origins in Atlantic City, New Jersey, and the latest version of the popular board game also might test players' geography skills.

After an online vote con-

ducted earlier this year, Hasbro, Inc announced that the most expensive properties on the new Monopoly Here & Now: The World Edition game board will be represented by Montreal and Latvia's capital, Riga.

The game's most expensive properties are normally Boardwalk and Park Place in the prestigious blue property group of the Parker Brothers' version that was patented by Charles Darrow in 1935.

REUTERS

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Illness forces meat recall

Maple Leaf products linked to food poisoning

One person in Ontario has died and 16 others have fallen ill from a nationwide outbreak of food poisoning that may be linked to contaminated meat products from a major Toronto packaging plant.

Hundreds of thousands of kilograms of ready-to-eat meats supplied to grocery stores, fast-food outlets such as McDonalds and Mr. Sub, hospitals, retirement and nursing homes have been recalled and the Toronto Maple Leaf Foods plant has been temporarily shut down. Five cases have been confirmed in Toronto of listeriosis, a serious food-borne illness caused by the Listeria bacteria, most of them in nursing or retirement homes and hospitals throughout the city, said

What to look for

- The Canadian Food Inspection Agency said Maple Leaf meats — including sliced cooked turkey, roast beef, Bavarian smokes, corned beef,

salami, ham and pepperoni — may be contaminated.

- Only the beef products have tested positive for the bacteria so far.

Dr. Vinita Dubey of Toronto Public Health.

Four more cases could be tied to the outbreak after testing, she said, and many more may be discovered as the symptoms of listeriosis — high fever, severe headache, neck stiffness and nausea — appear.

Grocery stores yesterday began pulling recalled Maple Leaf products from their shelves and restaurants stopped selling certain meals.

City health officials have alerted the affected hospi-

tals and homes and told them to stop serving the potentially contaminated foods. Dubey warned the public to throw out any products included in the recall, because the bacteria can thrive even when refrigerated.

Of the 17 known cases, 13 are in Ontario, two in British Columbia, and one each in Saskatchewan and Quebec. A total of 29 cases are under investigation province-wide, health officials say.

TORSTAR NEWS SERVICES

Auto towns shouldn't trust Harper: Dion

HAMILTON Liberal Leader Stéphane Dion says Ontarians living in auto towns have every reason not to trust Prime Minister Stephen Harper, he told a crowd in Hamilton, Ont.

yesterday. The tens of thousands of people losing their manufacturing jobs won't forget that Harper stood by and watched as his Finance Minister Jim Flaherty disparaged On-

tario, he said.

Dion predicted Ontarians will punish the Conservative government for taking the country to the edge of deficit.

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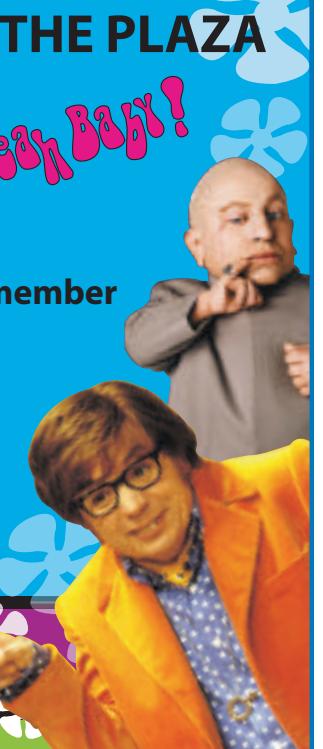
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A stillborn Israeli baby who was pronounced dead by doctors "came back to life" on Monday after spending five hours in a hospital refrigerator. The baby was found alive by her parents, who began noticing some movement when they took her to be buried. **REUTERS**



Traders name top VP picks

With speculation over U.S. vice-presidential picks at a boil, prediction markets yesterday judged Democrat Joseph Biden, left, and Republicans Mitt Romney and Tim Pawlenty most likely to get the nod.

REUTERS

World

153 killed in Madrid airport plane crash

A Spanish jet heading for the Canary Islands crashed on takeoff and burst into flames at Barajas Airport in Madrid yesterday, killing 153 of those onboard, the government said.

Smoke billowed up near Terminal Four from the remains of Spanair's Flight JK5022, an MD-82 jet bound for Las Palmas in the Canary Islands, which broke into pieces in an accident which Development Minister Magdalena Alvarez said left 19 survivors.

The 15-year-old plane, carrying 166 passengers and nine crew, shot off the runway at 2:45 p.m. local time, according to Spanair, and witnesses described a huge explosion.

"Only the tail was recognisable, there was wreckage scattered all over the place and dead bodies across a wide area. A lot of them were children," Ervicio Corral, who headed the emergency services' rescue effort, told reporters.

Survivors were flung from the plane by the force of the impact and landed in a stream, saving them from more severe burns, Corral said.



A relative of a passenger on the Spanair jet that crashed arrives at Barajas Airport in Madrid.

Alvarez said the cause of the accident seemed to be "an error in takeoff."

But Spanish media and a source close to the situation said the plane's left engine, which was made by Pratt & Whit-

ney, had caught fire. The plane was originally due to take off at 1 p.m., but after moving away from the terminal and approaching the runway it returned because of a mechanical prob-

lem, a source told Reuters. The source added he did not know what the problem was or what action mechanics took.

Police escorted tearful relatives of passengers past reporters, and dozens of psychologists and social workers arrived at the terminal. Charred corpses were taken to a nearby conference centre to be identified. **REUTERS**

News in brief

ASIA British glam rocker Gary Glitter, who was released this week after serving nearly three years in a Vietnam prison for child sex abuse, has been refused entry to Hong Kong af-

ter arriving from Thailand, where he was also barred.

ZIMBABWE Zimbabwean President Robert Mugabe will open parliament on Tuesday despite

opposition warnings that this would endanger power-sharing talks aimed at ending the country's deep political crisis.

IRAQ The U.S. military spoke

out yesterday against a deadly Iraqi special forces raid on the governor's office in one of the country's most restive provinces, saying it was a "rogue operation." **REUTERS**

Russian pullout is 'very unsatisfactory'

GEORGIA Russian military trucks trickled back into Russia from Georgia yesterday, but no armoured vehicles or artillery passed and there was no sign of the large-scale rapid pullout demanded by the West.

The White House said Moscow needed to move faster. Germany described the situation in Georgia as "very unsatisfactory."

Russian President Dmitry Medvedev said on Tuesday Russia would withdraw its forces from Georgia by Friday under a peace plan brokered by France.

But diplomats say Russia appears to have secured its military objectives and is in no hurry to leave. It wants instead to secure

"Both the size and pace of the withdrawal needs to increase and needs to increase sooner rather than later."

Gordon Johndroe, White House rep

maximum advantage from occupying a neighbour whose pro-U.S. policies have angered it, they say.

"Both the size and pace of the withdrawal needs to increase and needs to increase sooner rather than later," White House spokesman Gordon Johndroe told reporters. **REUTERS**

Career women are their own worst enemies, study says

CAREERS Women are their own workplace enemies when it comes to cracking the glass ceiling, with an international study finding they are less likely to promote themselves and network than their male counterparts.

The 2008 study, part of U.S. behavioural scientist Shannon L. Goodson's new book The Psychology of Sales Call Reluctance, compared almost 11,500 pro-

fessional women with 16,700 men from 34 countries.

Goodson found that while most men had no qualms about touting their contributions, and even lying about them, women still clung to the myth that self-promotion is "socially unacceptable," "unlady-like" and "morally suspect," and they tended to believe hard work should speak for itself. **REUTERS**

Missile strike kills 6 militants in Pakistan

PAKISTAN Two missiles hit a house in Pakistan's South Waziristan region yesterday, killing six suspected militants, a security official said.

It was unknown who fired the missiles, but this year U.S.-controlled drones have struck at sites used by al-Qaida in Pakistan.

REUTERS

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Newfoundland sees new era as Hebron proceeds

The Hebron oil field will start producing in the next eight to 10 years after Chevron Corp. and its partners agreed to give Newfoundland a share. The province could get \$20 billion over the next 20 to 25 years, says the premier. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

New Treo unveiled

NEW YORK Palm Inc. unveiled its Treo Pro smart phone yesterday. The Wi-Fi and GPS-equipped phone is aimed at competing with BlackBerry.

It will cost \$549 U.S., available through Vodafone, O2 and Telstra in September. **REUTERS**

Ericsson, STM form joint venture

PARIS/LONDON Ericsson and STMicroelectronics have agreed to merge their wireless chip and software businesses, strengthening their hand against competitors to supply cell-phone makers such as Nokia. **REUTERS**

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Retail sales figures indicate slowdown

The value of Canadian retail sales climbed 0.5 per cent in June due to soaring gasoline prices, but in volume terms sales fell, indicating consumer spending is slowing but not enough to drag the economy into recession.

Statistics Canada said yesterday that retail sales fell 0.4 per cent on the month when the effect of rising prices were stripped out. Excluding auto and gasoline sales, they jumped by a bigger-than-expected 1.4 per cent.

Markets expected overall sales to climb 0.4 per cent and rise 0.5 per cent without autos and gasoline. Inflation rates for food, fuel and clothing rose.

Despite signs of a softening in consumer spending, which has been keeping

“Depressed confidence, sagging job markets and cooling wealth gains are taking their toll.”

Scotia Capital economist the economy buoyant amid a slowdown in exports, economists still expect gross domestic product to have grown in June and in the second quarter.

“Weaker real sales detracted from our estimates for GDP growth in June ... Depressed confidence, sagging job markets and cooling wealth gains are taking their toll on the Canadian consumer,” said one Scotia Capital economist.

REUTERS

Libyan operations not affected by fire: Petro-Can

CALGARY Petro-Canada said that a fire at an oil storage tank within a Libyan petrochemical and refining complex has not affected its field operations in the North African country.

The company, Canada's No. 4 oil producer and refiner, said the fire in a 450,000 barrel oil-storage tank at the Ras Lanuf complex was not affecting company operations and is expected to have a “mini-

mal” financial impact.

“It's having no effect on our field production, we are producing normally,” Petro-Canada spokesman Tom Carney said.

Carney said the tank is owned by Harouge Oil Operations, a joint venture with Libya's National Oil Co., 49 per cent owned by Petro-Canada.

Petro-Canada also has a stake in the Ras Lanuf export terminal. **REUTERS**

Business in brief

HYBRID Hyundai expects to release its first hybrid, featuring cutting-edge lithium-ion battery technology more commonly used in cellphones and laptops, in the U.S. market as early as 2010, a company vice-president said yesterday. The Sonata hybrid will likely be Hyundai's first offering.

MERGER U.S. antitrust authorities would approve the merger of Electronic Arts Inc. with rival video game publisher Take-Two Interactive Software, documents on the Federal Trade Commission's website suggest. Electronic Arts previously tried a hostile \$2 billion U.S. bid for Take-Two. **REUTERS**

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Canadian medal hopeful Gary Reed placed third in his first heat in the men's 800 metres yesterday in Beijing and reached the semifinals. METRO NEWS SERVICES

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Heymans in mix for diving medal

DIVING Emilie Heymans of St-Lambert, Que., finished fourth in the semifinals of the women's 10-metre platform early this morning at the Beijing Games.

Chinese teenager Chen Ruolin took top spot, ahead of Mexico's Paola Espinosa and China's Wang Xin.

Marie-Eve Marleau of Laval, Que., placed seventh.

The top 12 divers will compete for medals in the final later today.

Kobe powers U.S. into hoops semis

BASKETBALL Kobe Bryant scored 25 points to lead the United States men's "Dream Team" into the Olympic semifinals with a 116-85 win over Australia yesterday.

The Americans will face Argentina, which defeated Greece 80-78 yesterday, in the final four.

Spain, paced by 20 points from NBA star Pau Gasol, earned a 72-59 victory over Croatia to set up a semifinal against Lithuania, 94-68 winners over hosts China.

Cuba, Korea roar into medal round

BASEBALL Cuba signalled they are not about to surrender their Olympic crown without a fight after pulverizing China 17-1 in seven innings to complete baseball preliminary round play yesterday.

South Korea also underlined their gold medal aspirations by pummelling the Netherlands 10-0 in eight innings to finish with the only unbeaten record (7-0), one game ahead of Cuba. Canada (2-5) lost 6-5 in 12 innings to Chinese Taipei.

METRO NEWS SERVICES

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	U.S.	26	28	28	82
#2	China	45	14	20	79
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 12)

metronews.ca

Save the judging for reality TV

Taekwondo scandal that cost Canadian highlights Olympic problem

York Report

Marty York

marty.york@metronews.ca

They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters Jamie Sale and David Pelletier were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.



Ivett Gonda of Port Moody, B.C., right, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

Frankly, I don't know if Gonda was shortchanged or not because I don't know taekwondo from tiemyshoes. But I certainly know judging is subjective and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a mockery of the Olympics. It is time, simply, to abolish

ish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it.

Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampoline, and gymnastics. And figure skating. Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

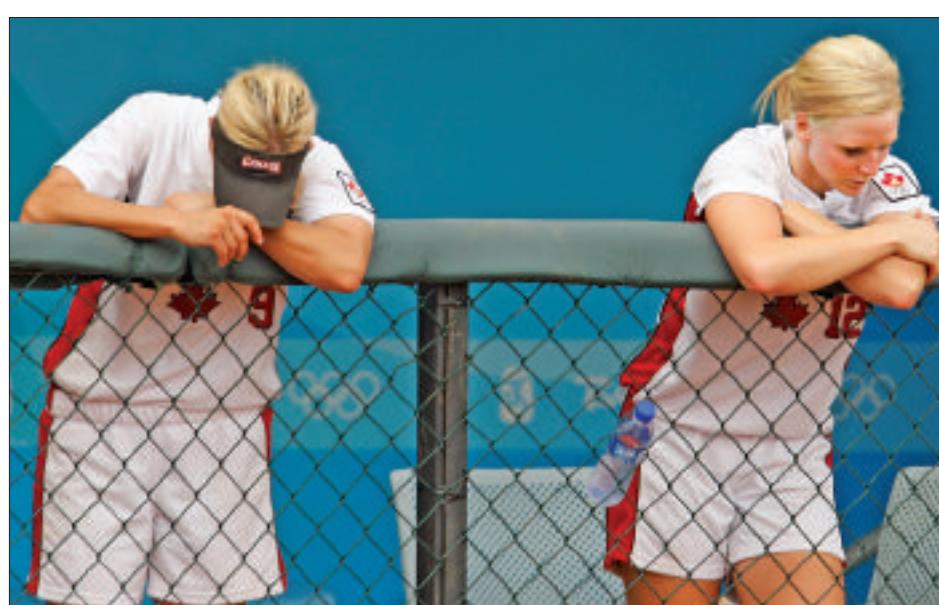
Loss cuts deeper for Canadians

Fourth places finishes sting in every Olympic event. But the pain cut a little deeper for Canada's softball team after a 5-3 loss to Australia yesterday, as they failed to reach the bronze medal game, gone forever their chance at Olympic glory.

With softball set to be dropped from the Olympic programme after the Beijing Games, today's medals — Japan and the U.S. will play for gold — will be the last handed out at a Summer Games unless the sport wins its fight for reinstatement in 2016.

Even if softball does return to the Olympic fold in eight years most of the players who took part in Beijing will have long retired, making coveted Olympic medals even more precious.

"It's tough to get this close to a medal," said Canadian first baseman Sheena Lawrick. "You work four years ... but I'm proud



Canada's Caitlin Lever, left, and Melanie Matthews react after their loss to Australia in the women's softball semifinals yesterday at the Beijing Games.

to be a part of this team."

The Canadians struggled to hold back their tears as it hit home that their sport, in one more day, would no longer be part of the

Olympics.

"We haven't dealt with yet, but we'll probably have to deal with that now," said Canadian pitcher Lauren Bay Regula. "We've been so

focused on just being at the Olympics.

"It (playing in the Olympics) has meant everything to me, everything."



Amputee impresses in 10k swim

SWIMMING Russia's Larisa Ilchenko won the first Olympic 10-km open water swim yesterday by less than two seconds over Britain's Keri-Anne Payne and Cassie Patten, sprinting past the du Toit pair in the last 100 metres of the jostling, rough-and-tumble contest.

South African amputee Natalie du Toit won admiration for her pluck in swimming the 10 kilometres but there was no medal for the 24-year-old, who lost her left leg below the knee in a motorcycle accident in 2001. She did finish in a very impressive 16th, around a minute behind Ilchenko.

REUTERS

Synchronized swimming

First-time Olympians Isabelle Rampling of Burlington, Ont., and Marie-Pier Boudreau-Gagnon of Riviere-du-Loup, Que., finished sixth in the duet event yesterday at Beijing Games. Russia's Anastasia Davydova and Anastasia Ermakova took gold. **METRO NEWS SERVICES**

**Beijing Games**

'Shocked' Bolt thunders to gold

Jamaican superstar sprinter smashes world record in 200-metre race

Usain Bolt produced another barely believable performance of dominant sprinting to break Michael Johnson's untouchable world record yesterday and add 200 metres gold to the 100 he won in record time four days ago.

While the Jamaican crossed the line dancing in the 100 he was all business in his preferred race, needing all his lithe power to finish in 19.30 seconds, 2/100ths better than Johnson's mark.

It made him the ninth man to complete the Olympic double and the first since Carl Lewis in 1984, but he is the first to take both races with world records.

"I'm shocked, I have been aspiring to the world record for so long," said Bolt. "I ran the corner as hard as possible and once I hit the straight I told myself to keep it up. The 200 medal has been my dream."

Behind Bolt it was chaos.

**Final results**

- Olympic men's 200m final result in Beijing yesterday.
 1. Usain Bolt, Jamaica, 19.30
 2. Shawn Crawford, U.S., 19.96
 3. Walter Dix, U.S., 19.98
 4. Brian Dzingai, Zimbabwe, 20.22
 5. Christian Malcolm, Britain, 20.40
 6. Kim Collins, St. Kitts & Nevis, 20.59

Churandy Martina of Netherlands Antilles, seven metres adrift, finished second ahead of American Wallace Spearmon but both were disqualified for running out of their lanes.

Defending champ Shawn Crawford, who crossed the line fourth in 19.96, was promoted to silver while Walter Dix added a belated second bronze to the one he won in the 100. **REUTERS**



Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

WOLFGANG RATTAY/REUTERS

MacLean leaves after mom's death

MEDIA Ron MacLean is leaving his post as the main anchor for CBC's coverage of the Beijing Olympics following the death of his mother from pancreatic cancer last night.

MacLean was scheduled to return today to his home in Oakville, Ont., to be with his family.

Scott Russell will take over as host for Olympic Prime (4 p.m. to 10 p.m.), while Diana Swain will go solo on Olympic Morning (4 a.m. to 10 a.m.).

Medal winner accused of doping

ATHLETICS Ukraine's Lyudmila Blonska, the heptathlon silver medallist and second-best qualifier for tomorrow's long jump final, has been thrown out of the Games after testing positive for steroids, Olympics officials announced yesterday.

Blonska had only just returned to competition in 2005 after serving a two-year doping ban and now faces an automatic lifetime ban.

REUTERS

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The Detroit Red Wings re-signed forward Aaron Downey to a one-year, two-way undisclosed contract yesterday. Downey signed with Detroit last season and appeared in 56 games for the Red Wings, registering three assists and 116 penalty minutes. **METRO NEWS SERVICES**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

SCOREBOARD

MLB				NATIONAL LEAGUE				
AMERICAN LEAGUE				CINCINNATI AT CHICAGO CUBS, 12:20				
EAST DIVISION				COLORADO AT L.A. DODGERS, 1:10				
Tampa Bay	77	49	.611	—	St. Louis	71	.58	
Boston	73	54	.575	4½	Houston	64	.63	
N.Y. Yankees	67	59	.532	10	Pittsburgh	57	.70	
Toronto	65	61	.516	12	Cincinnati	56	.71	
Baltimore	61	65	.484	16	Washington	53	.72	
CENTRAL DIVISION				FLORIDA AT SAN FRANCISCO, 1:45				
Chicago Sox	73	53	.579	—	WEST DIVISION	50	.424	
Minnesota	72	54	.571	1	Atlanta	48	.384	
Detroit	62	65	.488	11½	San Diego	17	.12	
Cleveland	58	67	.464	14½	WEST DIVISION	50	.12	
Kansas City	55	71	.437	18	Saskatchewan	6	.1	
WEST DIVISION				EDMONTON AT N.Y. METS, 5:10				
L.A. Angels	77	48	.616	—	EDMONTON	4	.3	
Texas	63	65	.492	15½	CALGARY	4	.3	
Oakland	57	69	.452	20½	B.C.	4	.3	
Seattle	46	80	.365	31½	WEST DIVISION			
NATIONAL LEAGUE				MONTREAL AT B.C., 10				
EAST DIVISION				TORONTO AT B.C., 5:10				
N.Y. Mets	70	57	.555	—	HAMILTON	2	.6	
Philadelphia	68	58	.540	1½	WINNIPEG	2	.6	
Florida	65	61	.516	4½	TOMORROW'S GAME			
Atlanta	56	71	.441	14	CALGARY AT B.C., 8:30	5	.0	
Washington	44	83	.346	26	TODAY'S GAMES			
CENTRAL DIVISION				CALGARY AT B.C., 8:30				
Chicago Cubs	77	49	.611	—	TONIGHT'S GAME			
Milwaukee	73	55	.570	5	TOMORROW'S GAME			
WEST DIVISION				CALGARY AT B.C., 8:30				
NATIONAL LEAGUE				LAST NIGHT'S RESULT				
EAST DIVISION				ORANGE COUNTY AT CALGARY				
W	L	PCT	GB	TONIGHT'S GAME				
St. Louis	11	Pittsburgh	2	ORANGE COUNTY AT CALGARY				
San Diego	at	Arizona		TONIGHT'S GAME				
Philadelphia	4	Washington	0	ORANGE COUNTY AT CALGARY				
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St. Louis	11	Pittsburgh	2	TONIGHT'S GAME				
San Diego	at	Arizona		ORANGE COUNTY AT CALGARY				
Philadelphia	4	Washington	0	TONIGHT'S GAME</				

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Back^To School

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Head of the class

RAFAEL BRUSILOW
for Metro Canada



The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that combines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are reflected in kids' fashion," she said.

Girls are moving away from revealing



A layered look from Old Navy: Women's sweater vest, \$24.50; roll-sleeved dress shirt, \$24.50; denim mini skirt, \$25.50; and preppy punk tie, \$19.50.



LEFT: V-neck Henley top, \$14.50; and Capri pants, \$19.50. RIGHT: Solid rugby top, \$16.50; ribbed tank top, \$9.50; and rugby skirt, \$15.50. All girls' items available at Old Navy.

ing clothes and embracing the colourful, relaxed style of hit TV shows like Gossip Girl, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-



An affordable back to school look from Old Navy: Tie, \$19.50; short-sleeved dress shirt, \$19.50; and cotton sweater vest, \$19.50.

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Hoodies — like this yarn dye stripe knit hoodie, which is \$29.80 at Urban Behavior — are hot items for back to school.

front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with a pair of relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

Hoodies are an even greater fashion piece for

guys as they always look good on men and happen to be highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.

This look incorporates one of this season's hottest items: The leather jacket (\$227 at Bebe).

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The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for \$69.99 with a three-year term. **METRO NEWS SERVICES**

Getting in gear

Items aimed at students include laptops, cameras

RICK McGINNIS
Metro Canada



Dell Inspiron 1525 laptop (\$499.99-\$999.99)

What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish.

What works? College life today is about travelling light, and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's

a fine movie and gaming PC.

What doesn't work? It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak; you'll need headphones or accessory speakers if anyone more than couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop (\$849-\$1,149)

What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Harmon Kardon sound system.

What works? Fully-featured, with MS Office and



Hot accessories

Here's a word to Google: Monopoly. It's more than a game, and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field, and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The Office Home and Student suites for Mac (\$199.95) or Windows (\$99.99) has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the Wireless Notebook Optical Mouse 3000 (\$49.99), a compact unit that stores its wireless dongle in its base when not in use.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories, and their computer bags are clean and stylish and come in a variety of colour combinations. The Slim backpack (\$49.99) and the Ceylon messenger bag (\$49.99) sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK McGINNIS



an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset, and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Palm Centro (\$299.99 with Rogers)

What is it? A compact cross between a media cell phone and a PDA meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive, and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad.

Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average Blackberry user looks for.

What doesn't work? The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Panasonic Lumix DMC FS3 digital camera (\$199.99)

What is it? A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen.

What works? Panasonic's Intelligent Auto picture

mode is smart and flexible, and handles low light situations with relative ease. The screen is bright and sharp, and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling.

What doesn't work? While most camera makers are moving toward

Olympus E-420 digital SLR with 14-42mm zoom lens (\$579.99)

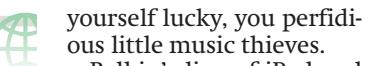
What is it? Olympus' entry-level digital 10 megapixel SLR, with a compact wide-

minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The easy zoom button, while useful — it quickly snaps the lens into a close-up — is close enough to the shutter to get tapped while framing a shot.

— RICK McGINNIS

Smaller, better music gadgets make the grade

RICK McGINNIS
Metro Canada



Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs, and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count

yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the **TuneTalk** (\$69.99), a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsidized hobo.

Belkin also makes the **RockStar** (\$19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of

headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

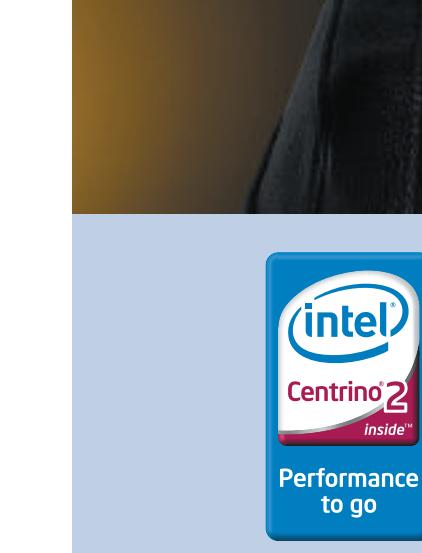
The marvel of noise-can-

ceiling headphones isn't just that they work, but that they work so well. Panasonic's **RP-HC500 headphones** (\$199.99) silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.

The RockStar, by Belkin.

so much as a well-subsidized hobo.

Belkin also makes the **RockStar** (\$19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of

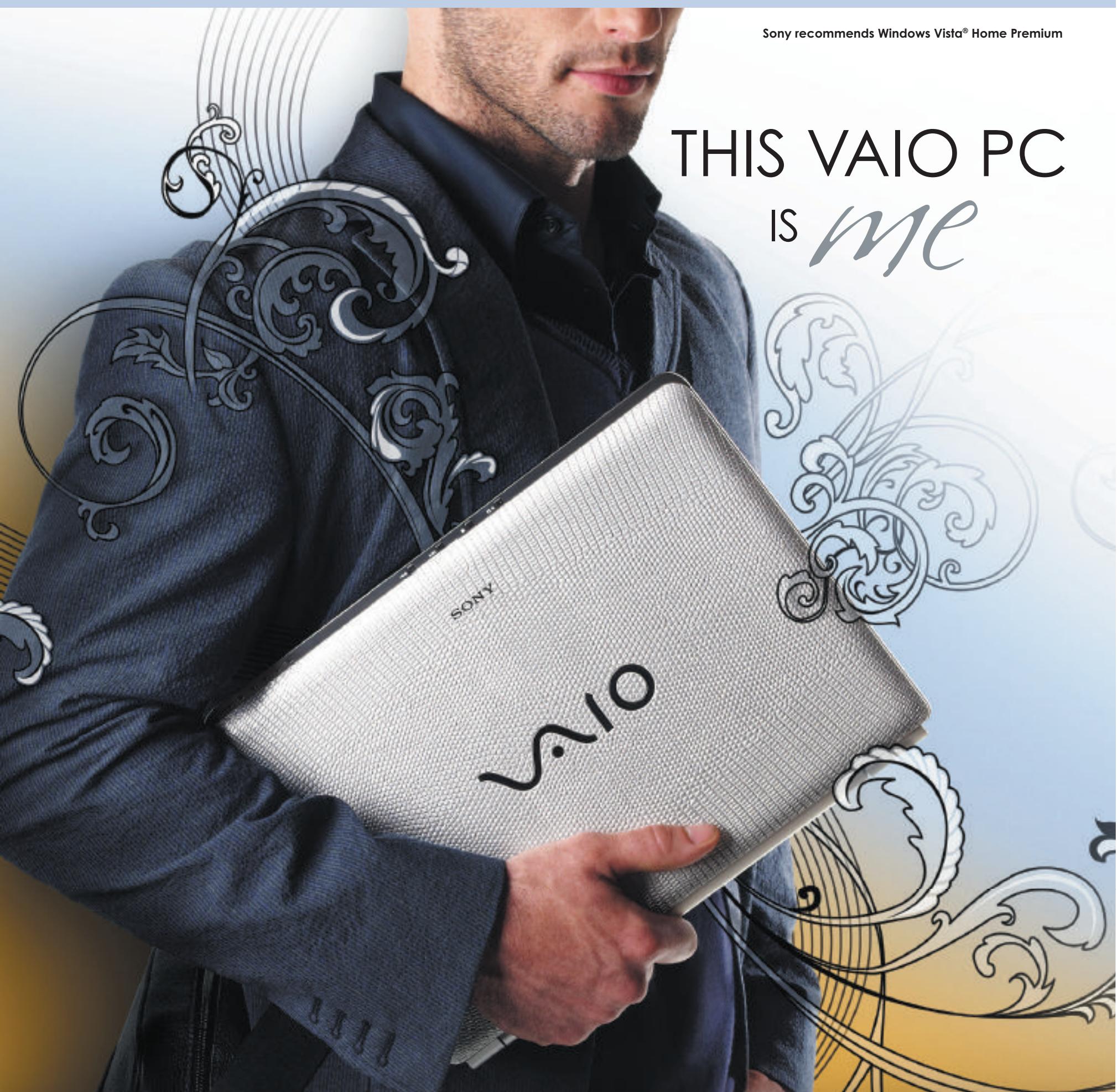


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New Mott's Fruitsations Apple Pomegranate Plus Antioxidant has no added sugar and 22 mg of Vitamin C in every serving. At major grocery retailers, \$2.39 for six 111g cups. METRO NEWS SERVICES

SLICE TV PHOTO



The Mom Show co-hosts Catherine Marion, left, and Laurie Gelman say processed foods should be avoided whenever possible.

Healthy lunches possible

Preparation key in getting kids to eat right at school

RAFAEL BRUSILOW
for Metro Canada



Back-to-school season means more meals eaten on the move, but good nutrition doesn't have to feel like homework at all.

Laurie Gelman and Catherine Marion, co-hosts of The Mom Show on the Slice network, suggest a balanced diet that touches on all the food groups is important and processed food should be avoided whenever possible.

"People eat so much processed food — it's been the bane of 21st-century existence," says Gelman. "You wouldn't put crappy gas in your car, so don't put crappy food into your body!"

Marion says to avoid cold cuts, which can be extremely high in salt and usually include large quantities of preservatives, deliberately make enough home-

cooked meat to have leftovers for later.

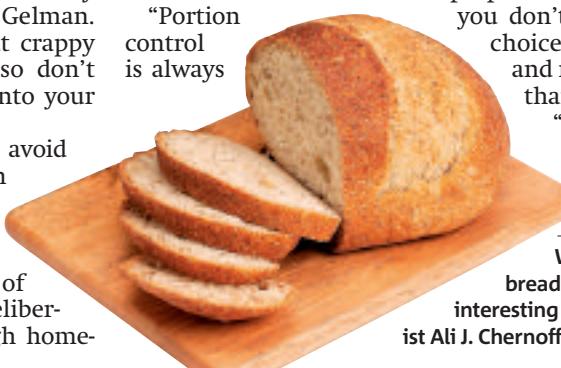
"Instead of cold cuts, take ham, roast beef or chicken and make extra to put on sandwiches," Marion said.

You don't have to eat like a monk all the time, however. A little indulgence, such as a piece of dark chocolate, can go a long way.

"Don't deprive yourself. You don't want to hate lunch," Gelman said.

Regardless what you eat, the most important thing is to make sure you're not eating too much of it either.

"Portion control is always



Whole wheat breads can keep meals interesting for kids, nutritionist Ali J. Chernoff suggests.

it. The best strategy is to have the fridge and cupboard stacked with healthy things like tons of fruits and veggies, but they have to be ready and prepared," Marion said.

Nutritionist Ali J. Chernoff suggests getting your kids involved in choosing and preparing meals to maximize their enjoyment of good food.

"If the kids are old enough get them involved in food preparation, from grocery shopping to making their own lunch. This way you're guaranteed they will eat because of their input," Chernoff said.

Kids love dipping things, Chernoff says, and you can make scrumptious, healthy dips by mixing vanilla yogurt with some cinnamon or combining dehydrated soup mix with plain yogurt. Make sure to include a variety of breads like pitas, whole wheat buns, seedy breads or high-fibre crackers to keep meals interesting, Chernoff said.

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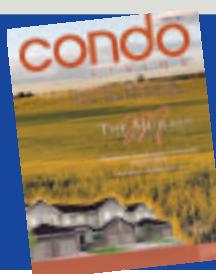
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Common interests

Amenities becoming must-have condo fixtures

MICHELLE LINDSTROM
for Source Media Group



MY HANDY computer thesaurus defines "amenity" as such: 1) a useful or attractive feature or service, for example, leisure facilities (often used in the plural), and 2) an experience of pleasantness or attractiveness.

Demographics play a large part in the choice of building amenities condos include, but with Edmonton and Calgary growing into quite the metropolitan areas, what once was considered an extravagant feature has since become the standard. Notes Judy Stark in her 2005 St. Petersburg Times piece on the subject: "The

fitness centre, the spa, the pool, the concierge desk — once the hallmarks of exclusive, upscale condominiums — are now considered basics, amenities every project must include as a matter of course."

"We've basically dedicated a whole half of the fourth floor to these (amenities)," says Gerry Mendyk, president of Arcus Developments, developer of Astoria on Tenth in Calgary, citing the building's owner's lounge and bar, private cinema and fitness studio overlooking the city, and rooftop terrace. "We wanted to create the ultimate in entertainment and lifestyle amenities to capture the imagination and provide a gracious hotel-

style environment." Mendyk explains the rooms give people a place to congregate and get to know neighbours, which can be challenging in a condo structure due to an absence of a front yard, which single-

"It's about convenience and community."

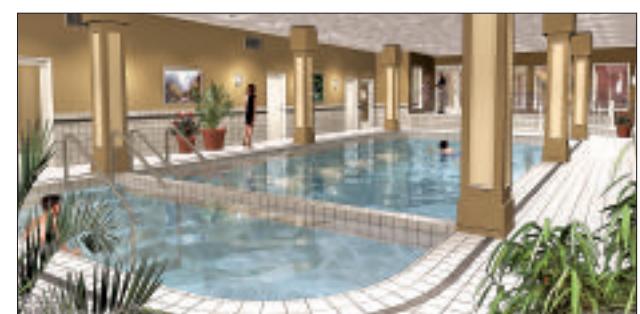
Brian Scott

family home dwellers make use of by waving to and chit-chatting with neighbours.

Brian Scott, of Edmonton-based Communitas Group, which is developing the Rossdale Green project, agrees with Mendyk's social

neighbourhood thinking. "We believe (amenity rooms) really enhance the strength of the community and people's connections with each other," he says. "It's about convenience and community."

"The feedback we got was that people would be willing to pay more on their own units by having amenity space on the top floor," Scott says, adding his company agrees with its co-operative condo owners that this method of design enhances the value of every household in the complex, not just one or two penthouses as in a typical condo design. He also believes Communitas Group's workshop rooms help those downsizing from



Amenities are becoming the rule in new condo development.

single-family homes to ease into condo living, because even though their personal residence does not have space for woodworking, ski waxing or shelf painting, they don't have to abandon their interests.

The frequency of building amenity use comes in to play for buyers to consider. Is it really worth the extra cost for something that can be accessed outside of the complex?

"Surveys show only 16 per cent of residents use (in-condo) amenities," says Judy Hunt, Calgary Churchill Es-

tates sales professional, which is why the builder/developer, Homburg-Centron Teamworks, did not include a fitness or meeting room in this Eau Claire condo.

Communitas Group would never go to the extent of some other Edmonton condo complexes with pools, banks and theatres where, "you literally come home and never have to leave," Scott says.

"It's not meant to replace people from going outside for activities, it's meant to enhance their lives."

EDITED FOR LENGTH BY METRO CALGARY

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Keeping it simple is the key

Interior Divine



CAREFUL!!! Theming is an area of grave C and J concern! Who, after all, wants to live in a Disney-inspired fantasy with fake castellation instead of Crown moulding, car seats instead of sofas and sand on the floor in place of carpet?

Okay, so you adore everything Medieval, you love rally driving and you want to be forever reminded of that last Thailand holiday ... but being too literal is NOT the answer.

It's all very well to be inspired by Thailand, adding Asian influences — such as sand coloured walls rather than real sand on the floor — or a few Medieval tapestry cushions rather than turning your space into Chez Robin Hood, but come on, slow down!

The rules are simple — AVOID coffee tables made from car gear shafts or starter flag curtains! "Dinosaur design" such as this is a recipe for disaster. Remember Trading Spaces and Brit folly Changing Rooms?

We rest our case.

Careful furniture selection avoids costly mistakes

Heed our decorating mantra: Less is more. Never was it more relevant than here, because most 'themers' simply can't stop and

purchase every item they see that hints at a favoured mood.

Our advice is to ONLY choose items that properly coordinate with other elements in your space so your home doesn't end up resembling a theme park souvenir shop!

The acceptable face of themed rooms

If you love the ocean, for example, perhaps a cruise theme could be good — but don't go crazy with tunnel shaped coffee tables and ship type clocks!

Instead, be inspired by the beauty of teak 'deck' finishes or classic art deco lines; perhaps a couple of Odeon sofas are all you need.

If you fancy recreating the feel of a gorgeous country house, then don't slavishly try to recreate Buckingham Palace in miniature or your room will look silly.

Opt instead for carefully selected antique pieces such as Bergere chairs, then add an over mantle and period

accessories to seal the deal.

If you like travel, then freely indulge your project with a global feel by opting for dark rattans, touches of leather and perhaps an antique globe.

However, for the love of all that is right and just, steer clear of desks made from travel chests, framed passports as 'art works' and a dozen clocks set to different world times.

Kids Rooms

To avoid expense, middle ground is a great compromise. Rather than adding beds in the shape of fairytale castles or pirate boats, opt instead for themed linens or inexpensive bedside lamps. Or frame up advertising posters which can be changed on a whim.

Selecting a neutral background will allow you to piece in new looks as your little one's tastes change.

Less is more

It's a tried and tested maxim, but it simply doesn't fail. Too much of a potentially good thing will make your themed room go bad. Fact.

Exercise a little restraint ... and we'll see you next week!

Colin & Justin's The Home Show airs Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. hgtv.ca

Courtesy of Nathan Singh ~ Licensed Realtor in the Province of Alberta
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Another tomato tip?

Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? METRO NEWS SERVICES

Food

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size."

Barb Holland/for Metro Canada



Don't worry

The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Timeless Heirloom tomatoes

À la carte

Barb Holland

Metro Food Writer

The buzz is all about Heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour intact. Heirloom or not, locally grown field tomatoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour



Locally grown field tomatoes remind us what tomatoes are supposed to taste like — use fresh, ripe ones for the best bruschetta.

bruschetta while tomatoes are in season.

Bruschetta

Is so easy it doesn't really need a recipe but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly but evenly with salt and let drain in sink for 15 to 20 minutes. Generally stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1 clove to 2 to 3 tomatoes)

and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to 30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic, chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato mixture and serve immediately.

Tips:

- There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to a kilogram. The larger ones can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a

good choice for preserving, sauces and cooking.

Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

- Good for you: One medium tomato has 25 calories and is a very good source of fibre, Vitamin A, Vitamin C, Vitamin K, potassium and manganese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

This cake is bananas

Grill It is brought to you by Chris Schlesinger and John Willoughby, the pair that's popular for their ability to write cookbooks that are fun, gutsy and imaginative. DK Publishing offered Metro this recipe from *Grill It*:

Grilled Banana Upside-Down Cake

Grilled bananas bring a sweet, slightly smoky, caramelized flavour to the "topping" of this twist on a classic, created by our friend and collaborator Kirsten Mikalson. Ground pecans add a little body to the cake's texture and a rich, nutty taste. If you're feeling particularly decadent, try serving this warm with a scoop of dulce de leche ice cream.

INGREDIENTS:

The cake:

• 1/4 cup pecans

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- Pinch ground cinnamon
- 6 tablespoons unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1 large egg white
- 1/2 teaspoon vanilla extract
- 6 tablespoons whole milk

The topping:

- 3 ripe but firm bananas, unpeeled, halved lengthwise
- 1/2 cup firmly packed soft light brown sugar
- 1/4 cup maple syrup
- 3 tablespoons unsalted butter, plus 1 tablespoon for buttering the pan
- 1/4 teaspoon ground allspice
- Pinch salt

METHOD:

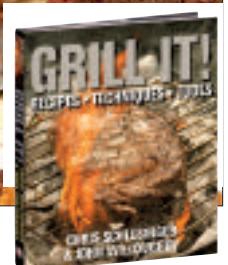
Preheat the oven to 350

F (180 C). Generously butter a 9-inch (23-cm) cake pan. Build a fire in your grill. When the coals are all ignited, the flames have died down and the temperature is medium hot, you're ready to cook.

For the topping: Place the bananas on the grill over the coals, cut side down, and cook until golden brown and slightly charred (2-3 minutes). Set aside.

Combine the rest of the topping ingredients in a small saucepan and, on the stove top, bring the mixture to a full boil over medium-high heat, stirring until melted and smooth. Cook for 1 minute, then pour into the buttered cake pan. Peel the bananas and arrange them, grilled side down, on the syrup. Set aside.

Toast the pecans in a shallow baking pan in the



This cake recipe comes from *Grill It*, available at Amazon.ca for \$17.64.

oven for 5-10 minutes. Grind in a food processor or coffee grinder. Combine the ground pecans, flour, baking powder, salt, and cinnamon in a bowl and mix well.

Combine the butter and sugar in a large mixing bowl and beat until creamy. Add the egg, egg white, and vanilla; beat until light and fluffy.

(about 1 minute), scraping down the bowl as necessary. Add half the dry ingredients; beat on medium speed until well blended. Add the milk and mix well, scraping down the sides of bowl.

Add the remaining dry ingredients and beat until well blended. Spoon the batter over the bananas, smoothing the surface.

Bake until a toothpick inserted into the centre of the cake comes out clean (about 30 minutes).

Run a knife around the sides of the pan to loosen. Set the pan on a wire rack and let the cake cool for 15 minutes. Invert the cake onto a serving plate and carefully lift off the pan. Serve warm or at room temperature.

What you wear may be just as important as what, and who, you know to getting up the career ladder, according to a leading Australian fashion and marketing consultant Serena Beirne. She says employees should think of themselves as products and "package" themselves to sell well. **REUTERS**

Style



FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Nivola to star in Coco biopic

Alessandro Nivola, left, will star opposite **Audrey Tautou** in the **Coco Chanel** biopic **Coco avant Chanel**. **Anne Fontaine** is directing the French film. **Nivola**, who is learning French for the role and likely will be the only American in the feature, will play **Chanel's lover Arthur Capel**, a dashing polo player who sponsored the fashion designer, helping her open her first store and influencing her masculine suit designs. **His death in an auto accident** was described as the most devastating event in **Chanel's life**.

REUTERS



Fall for purple this season. Left to right: Clutch purse, \$90, Nine West; Revlon Line Fantasy Cream Eyeliner in Plum, \$12.95, at mass retailers and drugstores; Kenneth Jay Lane bracelet, \$135, Holt Renfrew.

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*Displayed fare corresponds to the Calgary - Bogota route.



Violet femmes

This royal hue is hot for the fall fashion

When her husband claimed the Democratic presidential nomination, Michelle Obama chose to wear her signature pearls with a simple sheath dress – which was a rich purple colour.

Across the pond, another woman behind a powerful man, First Lady of France Carla Bruni Sarkozy, also displayed a penchant for this plummy colour. For a state dinner at Elysée Palace, she wore a purple Hermès gown and she wowed the British public in a rich grape-coloured Dior coat when she arrived at 10 Downing Street for a state visit earlier this year.

"I do think that purple is the perfect symbolic choice for both women," said Renée Labbe, director of the Canadian division of Promo-Styl, an international trend and colour forecasting agency. "Like silently saying they are already royalty – worth a presidency."

Even young starlets in Hollywood have clued in that when it comes to the power of colour, purple reigns. Blake Lively, the actress on Gossip Girl, one of

PHOTOS BY TANNIS TOOHEY/TORSTAR NEWS SERVICE



Trench coat, \$240, Banana Republic.

the hottest television shows right now, has been spotted soaking up ultraviolet vibes.

And, come fall, a full range of shades of this berry colour, from lilac to aubergine, is proving to be a hot hue in accessories and makeup.

"Purple amethyst is one of a few 'gem stone' shades

Above: David Dixon tricoloured boots, \$175, Town Shoes; Rimmel's Play Fast nail colour in Night Before, \$4.95, available at most drugstores.

trending at the moment," says Labbe. "Many chose to use it as a luxury shade, bouncing off its origins as a royalty colour but others, such as mass retailers, chose to use it as an 'energy' colour."

Through out history, power players have always shown a passion for purple.

TORSTAR NEWS SERVICE WITH FILES FROM METRO NEWS SERVICE

Layer with this season's cardigan

Style File



ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if they can stretch your shoe out, but you may have to leave your shoes for an overnighter.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



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Read more online at metronews.ca

For more on this week's Kim Elbo StyleFile picks, please visit metronews.ca.

Dave Matthews Band sax player dies

LeRoi Moore, sax player for the Dave Matthews Band, has lost his battle with injuries suffered in an ATV crash. Moore, who was involved in the accident on his farm near Charlottesville, Va., in June, passed away Tuesday at age 46. MUSIC-NEWS.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Thomas leads new music charge

Irma Thomas

Album: Simply Grand
Label: Rounder
Rating: 

IT'S HARD TO BELIEVE that it took the music industry 45 years to finally give Irma Thomas the respect she has always deserved. But that's how long it took for the "Soul Queen of New Orleans" to finally bring home a Grammy. She won it for her 2006 album After The Rain. Her latest, Simply Grand, shows the kind of respect she's always had in New Orleans. Thomas delivers a dozen collaborations with some of the finest piano players anywhere including Dr. John, Randy Newman, Ellis Marsalis, Norah Jones, John Medeski, Marcia Ball, and David Egan. Each track is recorded acoustically, giving prominence to Thomas' rich voice and some masterful piano playing. There's not a bad track in the

**CD Reviews**

music@metronews.ca

bunch. And there are more than enough moments of exquisite beauty – River Is Waiting with Henry Butler, This Bitter Earth with Marsalis, Cold Rain with David Torkanowsky and Newman's classic I Think It's Going to Rain. This album is, indeed, Simply Grand. **Graham Rockingham**

Ra Ra Riot

Album: The Rhumb Line
Label: Barsuk
Rating: 

THERE'S SOME THING odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of the Syracuse, N.Y. group's 2007 tour. No coincidence that Ra Ra Riot's full-length debut is chock



full of nautical and death themes. Yet rather than wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies more on celebrating life and survival. **Ian Nathanson**

The Stills

Album: Oceans Will Rise
Label: Arts & Crafts/EMI
Rating: 

MONTREAL ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lackluster that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener Don't Talk Down, has a fantastic jump-inducing beat, while Everything I Build is an engaging, atmospheric keyboard track that lightly recalls U2. De-



GETTY IMAGES FILE PHOTO

Ice Cube is still capable of channeling his gangsta attitude towards corporate and political types.

spite a couple of bland songs, this should be the disc that puts The Stills back on the map. **Bryan Borzykowski**

Ice Cube

Album: Raw Footage
Label: Lench Mob/EMI
Rating: 

ABOVE SOME movie-stylized funk grooves, the former

N.W.A. MC and actor is still capable of channeling his gangsta attitude towards corporate and political types on this eighth solo outing. But when you hear Cube railing about "My style never changed in 22 summers" and "... Don't worry 'bout money, boy,

**more online**

• For more CD reviews visit us at metronews.ca.

'cos I got plenty" on It Takes A Nation, one has to question the 39-year-old's style of incessant n-bomb drops and endless rambling about feeding his family.

Ian Nathanson

A survival guide for the suburbs

SlickCity

Heather Setka
[slickcity@metronews.ca](mailto/slickcity@metronews.ca)

Here's my confession: I hate the Burbs. Shocking, I know.

But like 95 per cent of you (OK, I made that stat up), I'm forced to live here. And when the opportunity arises, I'm the first to jump ship. Or at least jump on a C-train headed downtown. Still, it's possible to survive, and perhaps even enjoy, Suburbia. Here's how I cope in Canyon Meadows. (Hey, that's Canyon Ghettos to you, Mr.)

1) Become a Regular: Find a place where everybody knows your name, and they're always glad you came. Upon finally patronizing my local pub, I noticed I was the only one whose entrance didn't elicit a Norm Peterson-like greeting. Maybe because my

name is Heather. But I think you know what I mean.

For you Southies, The Kilt and Caber Ale House (53 High St. SE) in McKenzie Towne typifies TV pub ambiance. This Saturday, they're sending off the season with a Corona summer bash. If beer specials don't entice you, perhaps The Corona Girls will.

2) Shop Local: Shop Local: Call me a Conspiracy Theorist, but maybe astronomical commercial leasing is scattering Calgary's shopping. Just sayin'.

Vespucci Consignment, known for scads of designer clothing, recently moved to the corner of Elbow Dr. and Heritage Dr SW. And Planet Organic has locations at 4625 Varsity Dr. NW and 10233 Elbow Dr. SW. See! You can dress and eat well in the Sticks.

3) Magic Bullet: There are two kinds of pleasure-enhancing bullets, but I'm referring to the one that mixes cocktails. Visit buythebullet.com and then morph your house into block party central overnight.

4) Skills and the City: The City of Calgary offers courses ranging from Strip-a-cize to How to Juggle (both essential life skills) at a decent price. Many programs start in early September. Pick up a Fall Program Guide at your neighbourhood grocer or log on to calgary.ca.

5) Grab Green Space Before It's Too White: A re-

cent report found our inner city lacking in green space. Not as true of the outer-lying areas. Click the City Living section on the above mentioned site for a park listing. But if you need the other green stuff to muddle through the Burb Blues, I can't help you there.

Please send your family-friendly comments to [slickcity@metronews.ca](mailto/slickcity@metronews.ca).

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Jackson, del Toro to pen Hobbit script

Peter Jackson and Guillermo del Toro's search for writers for The Hobbit and its companion film has ended, with the filmmakers deciding that no one is better suited for the task than they are.



Peter Jackson
The Mexican (Hellboy, Pan's Labyrinth), who is directing the movies, will team with the Lord of the Rings filmmaker and Hobbit executive producer Jackson to adapt the J.R.R. Tolkien book and write its follow-up. Also joining them in the writers' room are Frank Walsh and Philippa Boyens, both of whom collaborated with Jackson on the Rings trilogy.

The news caps an eight-month search for a scribe to adapt the literary classic to the big screen. Hobbit, written by Tolkien for his children years before the Rings trilogy, follows a young Bilbo Baggins, who finds his comfortable life turned upside down when the Guillermo wizard Gandalf takes him on a journey for a hoard of treasure that involves trolls, humans, Gollum and his ring of invisibility and a dragon named Smaug.

After Jackson and New Line resolved their differences over profit participation in the Rings films, Jackson said he would not write the scripts for the Hobbit movies because of other commitments. But in his role as executive producer, he does have approval over creative elements of the productions.

REUTERS

Paris prepares for reality program

TELEVISION Residents of the historic Marais neighborhood in the heart of Paris are bracing themselves as the reality TV show Star Academy moves into one of its 17th century houses.

REUTERS

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No TV for French tots

France's broadcast authority has banned French channels from airing TV shows aimed at children under three years of age to shield them from developmental risks it says television viewing poses at that age. METRO NEWS SERVICES

Putting the 'zero' in 90210

IntelleVision



Rick McGinnis

rick.mcginnis@metronews.ca

NOTHING TO SEE HERE, PEOPLE: The year in TV began in crisis with the writers' strike, so it's somehow appropriate that crisis — troubling rumours, sudden cast and setting changes, stories of battles on set and in the writers' room — are mostly what we're hearing from the handful of new shows currently in development and no small number of old ones.

It's a weird sort of win-win for the networks — they're getting press for their new shows without having to show anyone a minute of footage that would confirm or deny the anticipated monster sucking about to break over us with the first chill of fall.

Besides the misbegotten *Life On Mars*, the resuscita-

tion of *Beverly Hills 90210* has been a constant source of dismal rumour, which has been all that anyone has to go by, especially since the CW network's announcement earlier this week that, contrary to usual practice, it would not be previewing any of the new shows to critics in advance of its September premiere.

"We're not hiding anything," read the press release. "Simply keeping a lid on 90210 until 9.02, riding the curiosity and anticipation into premiere night, and letting all our constituents see it at the same time."

Roger Catlin, TV critic for the Hartford Courant, has his nose out of joint about this: "This year, using the excuse of the writers' strike, only CBS sent out a substantial number of their fall pilots," he wrote upon hearing of the 90210 embargo.

"Fox has been eking them out slowly. But there's been nothing from ABC but a second season opener for *Private Practice*,



Ashley Newbrough, left, and Kate Hale are in the new *Beverly Hills 90210*.

nothing from the CW and nothing from NBC (who added to the insult by showing the season premiere of *Heroes* at Comic Con but not at TV critics press tour the week before.)

With the deadline on fall preview pieces looming,

Catlin and many other TV critics are feeling anxious, having nothing to write about from the big four networks.

This critic, of course, feels no such anxiety — I see no reason to abandon standard practice of ignoring most of the new shows

until at least one of them starts getting a bit of viewer traction, upon which I'll download what I've missed from the internet and write something that'll simply glow with brilliant hindsight.

Catlin, on the other hand, seems miffed at

what feels like a broken covenant between the networks and their attendant media: "The networks' growing contempt for the press translates into contempt for the consumers of the press — the public — who are looking for guidance through the usual thicket of new fall offerings each year."

To that end, he made a solemn pledge in his column yesterday to ignore 90210 in kind until he has something to actually watch.

This critic will go one step further, and pledge to extend my informal policy of ignoring a show that I had no interest in during its original incarnation to any and all further installments of the 90210 saga, at least until something really stupid happens and I have a perfect joke for the occasion.

Until then, I pledge that this column will remain 90210-free.

Rick McGinnis writes about music, movies, books and television, but not opera.

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8/20/08	267 351 - ACCESS	Law & Order: Criminal Intent	Perfect Drive	Behind	Supernatural (HDTV)	Supernanny	Help TV			
	243 317 3 CFCN	TMZ (N)	Jeopardy!	CSI: NY (HDTV)	Law & Order "Betrayal"	Criminal Minds (HDTV)	News (N)			
	- - 4 BROAD	(4) Broadcast News		Broadcast News						
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wife Swap	Supernanny	Primetime		
	245 306 6 CBRT	(4) XXIX Summer Olympics (HDTV) (Live)					XXIX Summer Olympics (HDTV) (Live)			
	244 338 7 CICT	ET Canada	Entertainment	Crime Stories	Bones (HDTV PA)	NCIS "Dog Tags" (HDTV)	News Hour			
	246 - 8 CKAL	Friends	Friends	Make Me a Supermodel	Rock of Love-Bret Michaels	Two/Half Men	Two/Half Men	Your City		
	119 705 9 CBXFT	Chine	La Zone olympique (N) (SC)		Le Téléjournal	Les XXIXe Jeux Olympiques d'été (HDTV)				
	- - 10 SHAW	(6) Local Programming				Local Programming				
	- 372 12 KREM	News (N)	Hollywood	Friends	Scrubs	Greatest American Dog	Criminal Minds (HDTV)	CSI: NY		
	- 374 14 KSPS	NewsHour With Jim Lehrer	Secrets of N.Y.	Secrets of N.Y.	Nova scienceNOW (N)	Nova scienceNOW (N)	Carrier (HDTV)			
	502 390 15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	Doc Zone			
	- 370 16 KHQ	News	Raymond	Jeopardy!	Wheel-Fortune	XXIX Summer Olympics (HDTV)				
	- 373 22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA)	Sarah Connor Chronicles	News (N)		
	297 652 37 WPIX	Pussycat Dolls: Girlicious	CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier	
	500 500 29 CNN	CNN Presents	CNN Presents Sen. Barack Obama. (N)		Anderson Cooper 360	CNN Presents Sen. John McCain.				
	508 502 31 CNN2	Glenn Beck	Nancy Grace		Showbiz Tonight	Glenn Beck	Nancy Grace			
	400 400 21 TSN	(4:30) XXIX Summer Olympics (HDTV) (Live)		Sportsnet Connected	Air Racing From Detroit.	Sportsnet Connected	Score Golf			
	410 403 30 SCORE	MLB Baseball		Score Tonight	Stump-Schwab	World Series of Poker	Score Update	Score Update		
	411 457 44 OLN	The Rig	Dirtbusters (N)	Word Travels	Globe Guides	Pilot Guides	Don't Forget Your Passport	Ed's Up		
	417 406 48 SPEED	ASCAR Racing: Craftsman Truck Series		Pinks Outtakes	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	
	552 543 20 YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557 541 39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Ned's School	
	555 545 67 TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Heavy Mtl 2K
	575 583 11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	Tara Diaries	Living, Dream	Reba	Hope & Faith	Home Improve.
	553 546 17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	- - 18 CHTV	'70s Show	El News	Janice Dickinson Modeling		Greatest American Dog	William Shatner			News (N)
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	Shopping Bags	House	Will & Grace	Friends	Shopping Bags	Style by Jury	Three Fat Brides	Real Women	
	521 560 24 TLC	Jon & Kate	Jon & Kate	16 Children and Moving In	Jon & Kate Plus 8 (HDTV)	Jon & Kate	Jon & Kate	16 Children		
	603 561 25 FOOD	Iron Chef America		The Next Food Network Star	Challenge	Iron Chef America				Next Food Star
	615 520 26 A&E	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel Mindfreak	Bounty Hunter	Bounty Hunter	Bounty Hunter		
	617 522 32 SHOW	Trailer Park	Billable Hours	ReGenesis	Da Vinci's Inquest	Trailer Park	Rent-A-Goalie	Full Metal J.		
	601 562 33 SLICE	Work Out Skylab dream.		Inside Hollywood (N)	X-Weighted	Work Out Skylab dream.				Inside Hollywd.
	- 633 34 ENC2	(7:15) Rare Birds *** (2001, Comedy) William Hurt.			Dangerous Liaisons *** (1988, Drama) Glenn Close.					Lawrence
	520 505 35 DISC	Sport Science (Part 1 of 2) (N)	Mayday "Dead Weight"		Daily Planet	MythBusters				Dirty Jobs
	620 523 36 BRAVO	Mad Men		Entourage	Bravonews	Law & Order "Terminal"	Without a Trace			Entourage
	294 650 40 WPCH	(6) Exit Wounds (2001)		Frasier	Seinfeld	Friends	Friends	Exit Wounds * (2001, Action), DMX		
	626 547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Lewis Black
	- 539 42 TCM	Little Caesar	Key Largo (1948, Crime Drama) (DVS)			(9:15) Tight Spot *** (1955, Crime Drama) Brian Keith				Cincinnat Kid
	628 584 43 SPIKE	UFC Unleashed	Real Vice	Real Vice	UFC Unleashed	Ci: Crime Scene Invstgtn.				Trek: Voyager
	522 516 45 HIST	Disaster-Cent.	Masterminds	NCIS "Jeopardy"	Re-Inventors	Re-Inventors	Mob Stories			NCIS
	627 528 46 SPACE	Smallville "Descent"		Supernatural	Stargate SG-1 (DVS)	Star Trek: Voyager				Star Trek: Ent.
	- - 47 AMC	(6) GoldenEye *** (1995, Action) Pierce Brosnan.			Author! Author! *** (1982, Comedy) Al Pacino.					Funny Farm
	619 525 49 TROP	What Happen?	Vanity Insanity	TV Made, Do It	TV Made, Do It	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600 564 50 HGTV	Property Virgin	Unsellable	Flipping Out "Tapped Out"	Holmes-Homes	Holmes-Homes	Property Shop	Big City Broker	Property Virgin	
	501 391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	Workopolis TV	Taking Stock	
	504 508 70 BNN	Taking Stock		Market Call		Business News				
	526 507 92 CLT	Casanova's Love Letters		Traders		The West Wing				Paul Merton
	269 350 93 APTN	First Talk	News	Wheels of Thunder		Shining Mountains				Wolf Lake
	- - 94 MCP	(6:30) News	News	The Land	Daughters-Law	Van. Nights	Iranian Pop	Sabor Latino	Hola Que Tal	
	571 581 100 MMM	Tip of Tongue	Tip of Tongue	Don't Forget the Lyrics!		Celebrity Rehab With Dr. Drew	Don't Forget the Lyrics!			Popganda
	570 580 101 MM	(6) Much Does Wakestock	America's Best Dance Crew	Born to Be	Totally Untrue	Punk'd	America's Best Dance Crew			
	581 566 102 MTV	Buzzin	Run's House	Run's House	Buzzin	MTV Live	After	The Hills	After	Run's House

critics' corner

Reba

Oh. My. God. Acutally, it's more like HER God. Cheyenne (Jo-Anna Garcia) asks Reba (Reba McEntire) to talk to Van (Steve Howey) about his loss of faith in God and his decision to quit going to church. She and Barbara Jean (Melissa Peterman) try their best but get nowhere. Reba decides to ask the minister, who turns out to be a handsome newcomer (Patrick Fabian) whose interest in her is more than spiritual in "And God Created Van." 7 PM on CMT



Mad Men

Nothing like taking unfair advantage of a bad situation. In "Indian Summer," Roger's (John Slattery) problems at work have Don (Jon Hamm) seeing an opportunity. Pete (Vincent Kartheiser) has yet more issues at home, and Betty (January Jones) tries to find an outlet for her growing dissatisfaction. 7 PM on BRAVO

Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres on the weekend. The couple tied the knot on Saturday. Arrested Development star de Rossi plans to keep her maiden name for now — but may soon change it. METRO NEWS SERVICES

de Rossi mulls name change

Celebrity Buzz

Gosling and McAdams back on

CANADIANS Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said:

"Sources have revealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Exes reunion?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick *Burn After Reading* on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on Aug. 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote

her romantic comedy *Management* — about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

METRO NEWS SERVICES



celebrity brief

Garth, Doherty getting along

TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again. The two famously clashed during their *90210* heyday — and once got into a fistfight. But when she reunited with Doherty to shoot CW's *90210* spin-off, she tells TV Guide, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES



Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stampede Brewing Company to become the new face of Stampede Light

Plus, although terms of the deal were not disclosed, Simpson is reportedly taking on a 15 per cent stake in the company in return for her endorsement.

METRO NEWS SERVICES

celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was

miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Densi.

METRO NEWS SERVICES



celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer is telling People just how she did it. Alba's trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES



Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports Usmagazine.com. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

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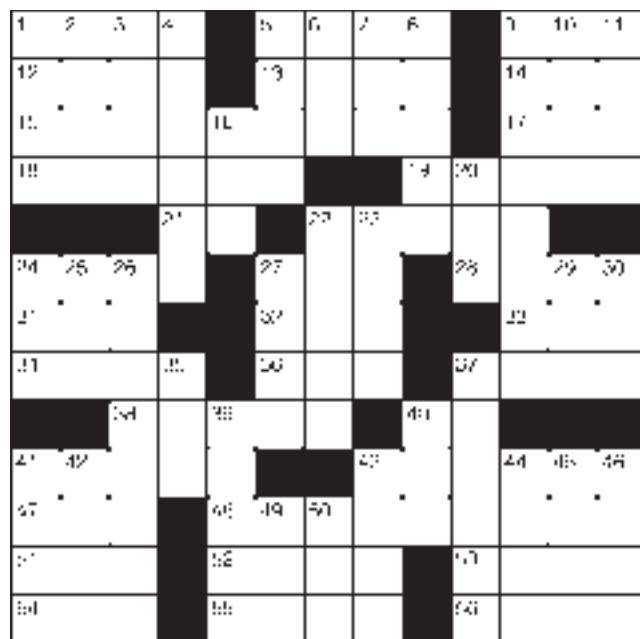


Lovers on tour

Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. MUSIC-NEWS.COM



Take Five



Crossword down

1 "Dragnet" star
2 Caboose's position
3 Actress Jessica
4 Hitchcock classic
5 Shakespeare, for one
6 Carte lead-in
7 Heavy weight
8 Passover meal
9 Using extreme care
10 Pennsylvania port
11 Gotta have
16 Whiz preceder
20 Stickum
22 TV's "French Chef"
23 Has a bug
24 Retriever type
25 Indivisible
26 "They Shoot Horses,

Play more games online at: metronews.ca

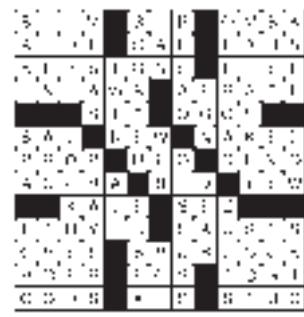
Crossword across

1 Swathe
5 Cuckoo
9 Barbie's companion
12 Morays, e.g.
13 Lotion additive
14 Anger
15 Piano style
17 Conk out
18 Reinforced
19 Urged (on)
21 The guy
22 Yuletide melody

24 Trademark symbol
27 Actor McBride
28 Leak slowly
31 Blackbird
32 Lubricate
33 By way of
34 Seeks alms
36 Literary monogram
37 Sobbed
38 Joined, as oxen
40 "Greetings!"
41 Agent 86's shoe, e.g.

43 Elton John's "— and the Jets"
47 Addressee
48 Ore-Ida product
51 Skedaddle
52 Burn somewhat
53 Ancient Persian Gulf country
54 Work unit
55 Suspend
56 Characterization

previous day's answer



Horoscopes

ARIES

MARCH 21-APRIL 20

The completion of a pact is just up ahead. A tiresome person's madness increases. A male will have an increasingly good effect.

LIBRA

SEPT 23-OCT 23

Love inspires a fresh start. Someone with an evil side is full of mixed messages. An authority figure distrusts a word of warning.

TAURUS

APRIL 21-MAY 21

People want to talk about love. Find a better approach to working with a gossip. Frustration will lead to a crucial confrontation.

SCORPIO

OCT 24- NOV 22

Honesty is rewarded by a foreigner. Don't blame a friend for emotional blindness. A security blanket causes a minor spat.

GEMINI

MAY 22-JUNE 21

A friend will give you insight into a stressful situation. Don't act against your better judgment. Emotional ties will call for clever analysis.

SAGITTARIUS

NOV 23- DEC 21

You won't give in to brainwashing. A secret task will soon be public knowledge. Do not criticize a co-worker.

CANCER

JUNE 22-JULY 22

Give your blessing to a project. A violent temper needs therapeutic intervention. Don't be a slave to a difficult habit.

CAPRICORN

DEC 22-JAN 20

An arrogant fool makes a fatal error with his assets. Road hazards are a pain in the neck. You're able to triumph at a meeting.

LEO

JULY 23-AUG 23

A clash between loved ones will end well. You'll feel awful about breaking a promise. Get away from work as early as you can.

AQUARIUS

JAN 21-FEB 18

Opportunities for work will come through. Your dedication to loved ones is repaid. A colleague makes a romantic move.

VIRGO

AUG 24-SEPT 22

Profound thoughts will blow your mind. Make sure that your wallet is safe before going out. News about a celebration is disturbing.

PISCES

FEB 19-MAR 20

An older man requires your enthusiastic presence. Get out into the world to refresh your spirit. A wicked realist has to seek forgiveness.

Surya
EAST INDIAN RESTAURANT

LUNCH BUFFET	DINNER BUFFET	DINNER
Mon-Fri 11am - 2pm	Mon & Wed 5pm - 9pm	Tue, Thur-Sun 5pm - 10pm

1207 11TH AVENUE, SW • 403-290-1777

FREE!
CALIFORNIA ROLL
on your weekend!!!

With this Coupon Buy any Ricebowl
and Get 3 California Rolls for FREE!

Valid only Saturday, Sunday and National Holidays.
Banzai Calgary Downtown Location. Offer expires August 31st, 2008.
Limit 1 coupon per customer, per visit. Not valid with any other offer.

TAKE OUT & DINE IN

BANZAI
SUSHI & TERIYAKI HOUSE
Downtown
526 A - 4th Avenue SW
Tel: (403) 262-9060

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME
IN MINUTES:

previous day's answer

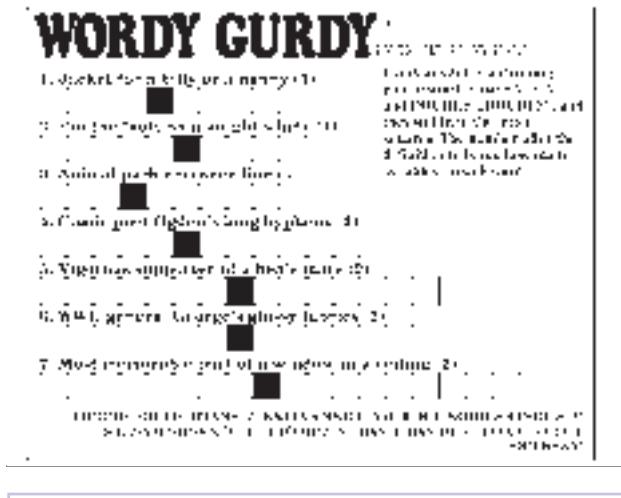
7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

Under 13 Genius
13-17 Scholar

17-21 Smart
21-25 Not bad

25+ Keep practising
more games metronews.ca

WORDY GURDY



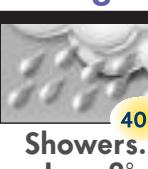
Calgary weather

Afternoon



40%
Showers.
14°

Tonight



40%
Showers.
Low 8°

Friday



Partly
cloudy.
19° / 5°

Saturday



Sunny.
23° / 9°

Sunday



Sunny.
27° / 12°

Temperature
Normals

High: 23.2°
Low: 7.5°
Records
High: 33.3°/1894
Low: 0°/1904
Sunrise: 6:32 a.m.
Sunset: 8:44 p.m.
Moonset: 12:42 p.m.
Moonrise: 10:04 p.m.

TWN incorporates MSC data

The Weather
Network

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FUTURE SHOP



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LONDON DRUGS

Visions

Memory Express

*Offer only available to new activations before September 30, 2008, on a 2 or 3 year service agreement for clients with a valid student ID card. Clients must activate in-store or through TELUS Client Care to be eligible for this offer. Online activation is not available. Taxes, long distance, additional airtime, roaming, pay-per-use charges, monthly system access fee (\$6.95) and monthly enhanced 911 emergency service charges (\$0.75/month plus applicable provincial fees) are extra. Rates are subject to change without notice. Visit telusmobility.com to confirm our latest offers. †Client's ten numbers must be Canadian domestic numbers and must not include toll-free or 900 numbers. Nationwide talk and text refers to local and Canadian long distance calls made to or received from your mobile phone, and subject to additional roaming, and/or international charges. Text messages can only be sent and received from other mobile phones and subject to roaming and international charges. Client may change the ten numbers once per billing cycle by visiting mytelusmobility.com. An additional 10¢ charge will apply for each text message or attachment sent outside of Canada and the U.S. Premium messages are not included. ‡Unlimited Web browsing applies to PCS phones only and applies to usage within the phone's Web browser. Tethered usage is not included. Downloads and application fees are charged separately where applicable. Web browsing is only available on digital phones in TELUS digital service areas. **Offer available to new activations only on a 3 year service agreement. ††Offer available until September 30, 2008. Applies to new activations with Bundle 15, 20 or 25 for a minimum of 3 months on a 3 year service agreement. © 2008 TELUS.

TELUS AUTHORIZED DEALERS

CALGARY

Bankers Hall
Beacon Hill Centre
Bow Valley Square
Chinook Centre
Deerfoot Mall
Dragon City Mall
MacLeod Plaza
Market Mall
Marlborough Mall
North Hill Mall
Northland Mall
Southcentre Mall
Sunridge Mall
TD Square
TELUS Convention Centre
Westbrook Mall
West Hills Towne Centre

NORTHWEST

822 Crowfoot Cres. NW
1623 Centre St. NW
715 - 5005 Dalhousie Dr. NW
207 14th St. NW

NORTHEAST

Country Hills Town Centre
Spectrum Shopping Centre
1353 32nd Ave. NE
2420 42nd Ave. NE
19 - 2520 23rd St. NE
2000 McKnight Blvd. NE

SOUTHWEST

Energy Plaza
6039 Centre St. S
264 - 6100 MacLeod Trail S
245 - 225 7th Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33rd Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

856 - 33 Heritage Meadows Way SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
255 28th St. SE
10836 24th St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE
Airdrie
2145 Summerfield Blvd.
Cochrane
4 - 201 Grand Blvd.
15 - 312 5th Ave. W
Okotoks
181 - 31 Southridge Dr.
118 Elizabeth St.
Strathmore
8 - 55 Wheatland Trail
103 - 331 3rd Ave.